

## ABSTRACT

This invention provides swimming goggles that improve the field of vision, and particularly improve the field of vision while swimming.

The eye cup 2 comprises: a contact section that comes in contact with the area surrounding the eye; a peripheral section 6 that is located around that contact section and that, when worn, extends a specified distance forward in the viewing direction; and a forward-viewing section 7 that is arranged such that the bottom is located on the front end section of the bottom of the peripheral section 6, and the top is located on or near the aforementioned contact section. Also, a difficult-viewing section 14 is located at least at the bottom part of the peripheral section 6 below the center position of the forward-viewing section 7 such that it is more difficult to see through than the top portion of the forward-viewing section 7, which makes it possible to improve the field of vision as well as makes it possible to swim without sensing the light refraction.